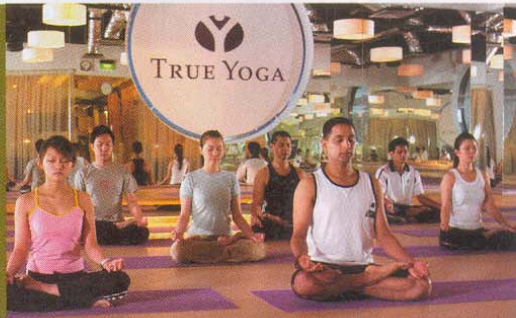


# OM, SWEET OM



New year, new soul. Two huge yoga studios want you. The only question is — do you want to be pure or true?



## PURE YOGA

## VS

## TRUE YOGA

Famed Hongkong yoga group with seven branches region-wide and counting. Singapore is the first outlet outside HK — the KL and Taipei branches open this month. CoCo Lee is the brand's celebrity spokesperson.



Pure focuses on four main types of yoga — Hatha, Ashtanga, Power, and Hot Yoga. There is also Pranayama & Meditation, a meditation class.

There are five state-of-the-art studios complete with remote-controlled blinds and heating panels for hot yoga. Tasteful whites and browns lend tranquility, and a lounge overlooks Orchard Road.

Its newness (it only opened last November) means traffic is low and classes are small — for now. The instructors from all over the world also gives Pure a nice, cosmopolitan feel.

The focus on four main yoga types means there isn't a great deal of variety.



Go for the \$109 (four classes in one month) introductory plan. Travel lots? \$209 a month gets you access to Pure Yoga branches around the world.

### Claim to fame

### On the menu

### Lost in space

### Why you should go there...

### Why you shouldn't go there...

### The price of peace

### Location

Largest yoga studio in Singapore with a combined 32,000 sq ft over two locations — that's almost seven basketball courts put together. Singaporean proprietor Patrick Wee has grand expansion plans — the KL branch is already open and Bangkok is next.

Take your pick from traditional, fusion, or dance yoga. True offers 25 different classes including dynamic yoga, laughing yoga, yogalates, and Bollywood dance.



The Raffles Place space has five studios and is more plush and luxurious, while the Pacific Plaza space has clean lines and holds four studios spread out over two floors. This means that people are constantly moving around, so expect a little bustle.

Namaste! The yoga teachers are all from India, and the Pacific Plaza branch (which has been open for a year) has a lively atmosphere. Great if you're the type who feeds off the energy of your fellow yoginis.



At a big yoga school, some of that loving, personal feeling is lost. Stick to smaller studios if you prefer things to be low-key.

See a consultant to customise your plans and classes, or try a \$300 for 10 sessions package. There are also cross-studio packages, meaning you can use studios in both locations.

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Tel: 6733-8863.

#04-01/#06-01 Pacific Plaza. Tel: 6733-9555; #02-00 Ocean Towers, 20 Raffles Place. Tel: 6536-3390.